

## ABSTRACT OF THE DISCLOSURE

The invention relates to an interactive boxing trainer which includes a main frame, a driving unit, a control unit, a pair of boxing gloves with a respective signal transmitter and a pair of shoes with a respective signal transmitter. The main frame 5 contains a longitudinal slide rail, a lateral slide rail and a punched body. The driving unit moves the punched body on the longitudinal slide rail and the lateral slide rail. Moreover, the control unit is in connection with a plurality of signal receivers positioned at the upper and lower part of the main frame so as to receive signals sent by the signal transmitters on the boxing gloves and shoes. Therefore, 10 the position, speed and travelling path of the boxing gloves can be detected and processed by the control unit which then commands the driving unit to move the punched body away from the approaching gloves and shoes.